



# Summer Shape Up Program

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HEAVY METAL FITNESS

**THIS MEAL PLAN INCLUDES: RECIPES, GROCERY LIST, NUTRITION BREAKDOWN, MEAL PLAN TIPS, & PREP GUIDE**

A fresh, delicious, summer-inspired meal plan. Summer is here so we're putting together a meal plan to celebrate the freshest produce that this season has to offer! Grilled chicken, strawberries, zucchini, watermelon and more! Eat clean. Feel awesome.

This program was created by a Registered Dietician.

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## GROCERY LIST TIPS

Included is a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

## SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

## RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

## HOW TO USE

All of these recipes have been selected based on your health needs, but you don't need to make them all at once. Start by adding a couple of new recipes into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).



## **LEFTOVERS**

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!



## MON



**BREAKFAST**  
Blueberry Detox Smoothie



**LUNCH**  
Spiralized Veggie Hummus Wraps



**SNACK 1**  
Clean Trail Mix



**DINNER**  
Peanut Thai Zucchini Noodles



**SNACK 2**  
Fresh Strawberries

## TUE



**BREAKFAST**  
Blueberry Detox Smoothie



**LUNCH**  
Peanut Thai Zucchini Noodles



**SNACK 1**  
Clean Trail Mix



**DINNER**  
Mango Chickpea Salad with Grilled Chicken Kabobs



**SNACK 2**  
Fresh Strawberries

## WED



**BREAKFAST**  
Zucchini Quiche with Quinoa Crust



**LUNCH**  
Mango Chickpea Salad with Grilled Chicken Kabobs



**SNACK 1**  
Celery & Hummus



**DINNER**  
Blackened Fish Taco Bowls



**SNACK 2**  
Watermelon

## THU



**BREAKFAST**  
Zucchini Quiche with Quinoa Crust



**LUNCH**  
Blackened Fish Taco Bowls



**SNACK 1**  
Celery & Hummus



**DINNER**  
Grilled Caesar Salad



**SNACK 2**  
Watermelon

## FRI



**BREAKFAST**  
Breakfast Tacos with Mashed Peas & Edamame



**LUNCH**  
Grilled Caesar Salad



**SNACK 1**  
Dill Pickled Green Beans



**DINNER**  
Grilled Halibut with Arugula Salad



**SNACK 2**  
Grapes & Almonds

## SAT



**BREAKFAST**  
Breakfast Tacos with Mashed Peas & Edamame



**LUNCH**  
Grilled Halibut with Arugula Salad



**SNACK 1**  
Dill Pickled Green Beans



**DINNER**  
Turkey & Quinoa Zucchini Boats



**SNACK 2**  
Grapes & Almonds

**MON****FAT 49%**   **CARBS 40%**   **PROTEIN 11%**

Calories 1349      Cholesterol 0mg  
 Fat 79g            Sodium 1196mg  
 Carbs 144g        Vitamin A 11738IU  
 Fiber 32g         Vitamin C 203mg  
 Sugar 51g         Calcium 892mg  
 Protein 42g        Iron 12mg

**TUE****FAT 44%**   **CARBS 38%**   **PROTEIN 18%**

Calories 1679      Cholesterol 82mg  
 Fat 88g            Sodium 991mg  
 Carbs 172g        Vitamin A 6807IU  
 Fiber 38g         Vitamin C 227mg  
 Sugar 64g         Calcium 1009mg  
 Protein 78g        Iron 17mg

**WED****FAT 38%**   **CARBS 40%**   **PROTEIN 22%**

Calories 1584      Cholesterol 395mg  
 Fat 70g            Sodium 1644mg  
 Carbs 166g        Vitamin A 7246IU  
 Fiber 37g         Vitamin C 201mg  
 Sugar 64g         Calcium 563mg  
 Protein 93g        Iron 18mg

**THU****FAT 52%**   **CARBS 32%**   **PROTEIN 16%**

Calories 1433      Cholesterol 356mg  
 Fat 86g            Sodium 2094mg  
 Carbs 119g        Vitamin A 8138IU  
 Fiber 25g         Vitamin C 159mg  
 Sugar 47g         Calcium 400mg  
 Protein 59g        Iron 12mg

**FRI****FAT 62%**   **CARBS 20%**   **PROTEIN 18%**

Calories 1430      Cholesterol 305mg  
 Fat 99g            Sodium 1867mg  
 Carbs 71g         Vitamin A 5206IU  
 Fiber 15g         Vitamin C 41mg  
 Sugar 28g         Calcium 415mg  
 Protein 64g        Iron 8mg

**SAT****FAT 48%**   **CARBS 28%**   **PROTEIN 24%**

Calories 1392      Cholesterol 346mg  
 Fat 76g            Sodium 2849mg  
 Carbs 99g         Vitamin A 4148IU  
 Fiber 20g         Vitamin C 109mg  
 Sugar 36g         Calcium 420mg  
 Protein 84g        Iron 12mg



## FRUITS

- 1/2 Avocado
- 4 Banana
- 4 cups Grapes
- 6 1/2 Lemon
- 2 Lime
- 1 Mango
- 1/2 Seedless Watermelon
- 4 cups Strawberries

## SEEDS, NUTS & SPICES

- 1 cup Almonds
- 1 1/2 tsps Black Pepper
- 1 tsp Black Peppercorns
- 1/2 tsp Cayenne Pepper
- 1/4 cup Chia Seeds
- 1 tbsp Chili Powder
- 2 cups Clean Trail Mix
- 1 tbsp Cumin
- 2 tsps Paprika
- 1 cup Raw Peanuts
- 2 tsps Red Pepper Flakes
- 1 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper

## FROZEN

- 4 Brown Rice Tortilla
- 4 cups Frozen Blueberries
- 1/4 cup Frozen Corn
- 2 cups Frozen Edamame
- 1 cup Frozen Peas

## VEGETABLES

- 1/2 cup Alfalfa Sprouts
- 8 cups Arugula
- 4 cups Baby Spinach
- 1 1/4 cups Basil Leaves
- 1/2 Beet
- 1 head Cauliflower
- 8 stalks Celery
- 1/2 cup Cherry Tomatoes
- 2 cups Collard Greens
- 1/2 Cucumber
- 1/2 cup Fresh Dill
- 2 cups Fresh Peas
- 5 Garlic
- 1 tbsp Ginger
- 1 1/2 cups Green Beans
- 1/2 Green Bell Pepper
- 1/4 cup Mint Leaves
- 1/2 Red Bell Pepper
- 1/2 cup Red Onion
- 4 heads Romaine Hearts
- 1/2 Sweet Onion
- 1/2 Sweet Potato
- 1/2 Yellow Onion
- 7 1/2 Zucchini

## BOXED & CANNED

- 2 cups Black Beans
- 2 cups Chickpeas
- 1 cup Quinoa

## BAKING

- 1 tbsp Almond Flour
- 3/4 tsp Nutritional Yeast

## BREAD, FISH, MEAT & CHEESE

- 8 slices Bacon
- 1 lb Chicken Breast
- 8 ozs Extra Lean Ground Turkey
- 1/2 cup Goat Cheese
- 1 1/4 lbs Halibut Fillet
- 1 1/2 cups Hummus
- 1/2 cup Parmigiano Reggiano
- 2 Tilapia Fillet

## CONDIMENTS & OILS

- 1 cup Apple Cider Vinegar
- 2 tsps Dijon Mustard
- 1 1/3 cups Extra Virgin Olive Oil
- 1 tsp Sesame Oil
- 1/2 cup Tahini
- 2 1/2 tsps Tamari

## COLD

- 10 Egg
- 4 1/8 cups Unsweetened Almond Milk

## OTHER

- 3 1/4 cups Water

SAVE **\$15** ON YOUR FIRST MONTH OF  
**NUTRITION COACHING**

**Behavior-Based Food Habits & Accountability**

Discount for new nutrition clients only. Can only be used once. Mention this ad to your coach!

**Using small, consistent actions, you can build the habits you need to look and feel better for life.**

**“I KNOW WHAT TO DO... BUT I HAVE A HARD TIME STAYING CONSISTENT.”**

Sound familiar? You've probably tried multiple fad diets, endless cardio sessions, and 21-day quick-fix programs. And you've probably concluded that they simply don't work in the long run. Instead of the all-or-nothing approach, we use a sustainable, practice-based approach to build healthy habits into your life, one day at a time. Nutrition Coaching can help you redefine your relationship with food and empower your food choices. Whether you need food accountability or a supplement to your fitness training, we can help you identify the simple tasks that lead to lasting behavior change.

**\$195/MONTH**

**No rules. No restrictions. Just good habits for life.**

**Here's what's in the Nutrition Coaching Program:**

-  **30 Minute Coaching Call Twice a Month**
-  **Custom Calorie / Macro / Portion Guide**
-  **Access to Coaching Software & Mobile App**
-  **Optional Integration with MyFitnessPal & Fitbit**
-  **Daily App Check-ins & Personal Reminders**
-  **In-App Messaging & Feedback**
-  **Monthly Macro-Based Recipe Suggestions\***
-  **Optional Access to Meal Planning App for Recipe DIY\***
-  **Your Choice of 4 7-Day RD-Created Meal Plans\***
-  **Exclusive Resources to help you implement your habits**

 **Small yet powerful practices to improve everyday life**

Our focus will be on sustainable nutrition habits and small actions, supported with step-by-step guidance. We'll work together to create and practice healthy habits across every aspect of your life, from sleep and stress-management to movement and mindfulness. These new habits will help you feel more calm, confident, and prepared for each day—no matter what life throws at you.

 **Easy-to-use online platform paired with personal service**

You'll start by telling us about yourself, including your goals, health challenges, and daily routine. From there, we'll customize your program and start the coaching process via our easy-to-use mobile app. Bi-monthly phone calls will help you stay on track.

 **Simple practices and daily accountability**

Every day, you'll work on a simple nutrition or lifestyle practice. Each practice will be customized to help you get the results you want.

 **Personal coaching and detailed progress checking**

Your coach will check in with you to see how you're doing and to answer any questions you have. Also, you can message your coach in-app whenever you need.

**GET LASTING RESULTS WITH COACHING & ACCOUNTABILITY**

# Blueberry Detox Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Frozen Blueberries  
2 cups Baby Spinach  
2 Banana (peeled, chopped and frozen)  
2 tbsps Chia Seeds  
2 cups Unsweetened Almond Milk

## NUTRITION

### AMOUNT PER SERVING

Calories	280	Cholesterol	0mg
Fat	8g	Sodium	187mg
Carbs	53g	Vitamin A	3459IU
Fiber	12g	Vitamin C	23mg
Sugar	28g	Calcium	566mg
Protein	6g	Iron	3mg

## DIRECTIONS

01 Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

## NOTES

### MORE PROTEIN

Add protein powder, hemp seeds or nut butter.

### STORAGE

Refrigerate in a mason jar or other air-tight container up to 48 hours. Drink within 24 hours for maximum freshness, nutrition and taste.

### PREP AHEAD

Portion out all ingredients except almond milk into a ziplock baggie. Store in the freezer until ready to blend with almond milk.



# Zucchini Quiche with Quinoa Crust

4 SERVINGS 1 HOUR 15 MINUTES



## INGREDIENTS

3/4 cup Quinoa (uncooked)  
1 1/4 cups Water  
6 Egg  
1 tsp Sea Salt  
1 1/2 tsps Extra Virgin Olive Oil  
1/2 Sweet Onion (finely diced)  
1 Garlic (clove, minced)  
2 tbsps Unsweetened Almond Milk  
1/4 cup Basil Leaves (chopped)  
Sea Salt & Black Pepper (to taste)  
1 Zucchini (sliced into thin rounds)  
1/2 cup Goat Cheese (crumbled)

## NUTRITION

### AMOUNT PER SERVING

Calories	299	Cholesterol	284mg
Fat	14g	Sodium	777mg
Carbs	26g	Vitamin A	663IU
Fiber	3g	Vitamin C	11mg
Sugar	4g	Calcium	111mg
Protein	17g	Iron	3mg

## DIRECTIONS

- 01 Place quinoa in a medium-sized saucepan and add the water. Place on the stovetop and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 15 minutes or until all water is absorbed. Remove from the heat and fluff with a fork. Let cool for at least 5 minutes.
- 02 Preheat the oven to 375°F (191°C).
- 03 Crack 1 egg into a mixing bowl and whisk with a fork. Add the quinoa and sea salt. Mix well to combine. Press the mixture down into the base of a glass dish to form a crust. Bake in the oven for 20 minutes or until slightly golden.
- 04 Meanwhile, heat your olive oil in a frying pan over medium heat. Sautee your onion for about 8 to 10 minutes or until translucent. Add in the minced garlic and saute for another minute.
- 05 Crack the remaining eggs into a mixing bowl and add almond milk. Add in the onion/garlic, basil and season generously with sea salt and pepper. Cover the crust with this mix and then press the zucchini chunks into the mix and over the top. Bake in the oven for 45 minutes.
- 06 Remove from oven and sprinkle goat cheese over top. Let cool slightly before serving. Enjoy!

## NOTES

### MORE GREENS

Serve with a side of mixed greens tossed in olive oil and balsamic vinegar.

### QUINOA SENSITIVITY

Use millet instead.

### LEFTOVERS

Store in an airtight container in the fridge up to three days and reheat before serving.

# Breakfast Tacos with Mashed Peas & Edamame

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 Brown Rice Tortilla (thawed)  
2 tbsps Extra Virgin Olive Oil (divided)  
2 Egg  
Sea Salt & Black Pepper (to taste)  
1/2 cup Frozen Peas  
1/2 cup Frozen Edamame  
2 tbsps Mint Leaves (about 2 tbsp, chopped)  
1/4 Lemon (juiced)

## NUTRITION

### AMOUNT PER SERVING

Calories	421	Cholesterol	186mg
Fat	23g	Sodium	273mg
Carbs	37g	Vitamin A	1294IU
Fiber	7g	Vitamin C	9mg
Sugar	6g	Calcium	66mg
Protein	16g	Iron	3mg

## DIRECTIONS

- 01 Set oven to broil (high setting).
- 02 Place your brown rice tortillas on a baking tray lined with parchment paper. Place in oven and watch closely for 2 to 4 minutes. (You can also toast the tortillas over a gas stove on low-medium heat for 3 to 5 minutes. Watch very closely.) Set toasted tortillas aside.
- 03 Heat a frying pan over medium heat. Add half of the olive oil and brush around the pan for non-stick. Fry eggs (one or two at a time gives the best results) and season with a bit of sea salt and pepper.
- 04 Add your frozen peas and edamame to the same frying pan on low-medium heat for 2 to 3 minutes or until thawed.
- 05 Transfer the peas and edamame to a bowl and combine with chopped mint leaves, remaining olive oil and lemon juice. Mash all ingredients with a fork.
- 06 Spread pea and edamame mixture onto the toasted tortilla and top with fried egg. Fold tortilla in half and enjoy!

# Spiralized Veggie Hummus Wraps

2 SERVINGS 20 MINUTES



## INGREDIENTS

1/2 Beet  
1/2 Zucchini  
1/2 Sweet Potato  
1 1/2 tsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
2 cups Collard Greens (washed and stems removed)  
1/2 cup Hummus  
1/2 cup Alfalfa Sprouts

## NUTRITION

### AMOUNT PER SERVING

Calories	234	Cholesterol	0mg
Fat	15g	Sodium	306mg
Carbs	21g	Vitamin A	6549IU
Fiber	7g	Vitamin C	24mg
Sugar	5g	Calcium	136mg
Protein	8g	Iron	2mg

## DIRECTIONS

- 01 Spiralize your beet, zucchini and sweet potato and transfer to a large mixing bowl. If you do not have a spiralizer, just use a box grater. Toss with extra virgin olive oil and sea salt and black pepper to taste.
- 02 Lay your collard green wraps across a clean counter. Spread a large spoonful of hummus across each. Next add the sprouts and top with spiralized veggies. Wrap and secure with a toothpick if needed. Enjoy!

## NOTES

### MORE PROTEIN

Cook up some quinoa ahead of time and add to each wrap.

### MORE CARBS

Wrap in a gluten-free tortilla.

### NO SPIRALIZER

Use a box grater to grate your veggies.

### STORAGE

These keep well in the fridge for 2 days.

# Clean Trail Mix

4 SERVINGS 2 MINUTES



## INGREDIENTS

2 cups Clean Trail Mix

## NUTRITION

### AMOUNT PER SERVING

Calories	347	Cholesterol	0mg
Fat	22g	Sodium	172mg
Carbs	34g	Vitamin A	14IU
Fiber	0g	Vitamin C	1mg
Sugar	0g	Calcium	59mg
Protein	10g	Iron	2mg

## DIRECTIONS

- 01 This is meant to be a quick and easy snack. Find a clean trail mix in any health food store or in the healthy food section of your grocery store. Read the ingredients to make sure there are no additives. We recommend checking out brands such as Prana or Central Roast.
- 02 Pour into bowl and snack away!

# Celery & Hummus

4 SERVINGS 5 MINUTES



## INGREDIENTS

8 stalks Celery (cut into sticks)  
1 cup Hummus  
1 tsp Paprika (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	159	Cholesterol	0mg
Fat	11g	Sodium	326mg
Carbs	12g	Vitamin A	657IU
Fiber	5g	Vitamin C	2mg
Sugar	2g	Calcium	62mg
Protein	5g	Iron	2mg

## DIRECTIONS

01 Sprinkle hummus with paprika for some added flavour (optional). Dip, dunk and enjoy!

## NOTES

### MAKE IT YOURSELF

Check out our Green Pea Hummus or Sweet Potato Hummus recipes.

# Dill Pickled Green Beans

4 SERVINGS 24 HOURS



## INGREDIENTS

- 1 1/2 cups Green Beans (washed)
- 1/2 cup Fresh Dill (chopped)
- 1 Garlic (whole clove)
- 1 tsp Red Pepper Flakes
- 1 tsp Black Peppercorns
- 1 cup Apple Cider Vinegar (or 1 cup)
- 1/2 cup Water
- 1 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	32	Cholesterol	0mg
Fat	0g	Sodium	597mg
Carbs	5g	Vitamin A	532IU
Fiber	1g	Vitamin C	6mg
Sugar	2g	Calcium	25mg
Protein	1g	Iron	1mg

## DIRECTIONS

- 01 Trim the ends from the green beans and cut them into equal lengths that will fit into a 500 mL mason jar.
- 02 Place the dill, garlic, red pepper flakes and peppercorns into the bottom of the jar. Turn the jar on it's side and tightly pack the beans in. Set jar aside.
- 03 In a medium sauce pan combine apple cider vinegar with water and sea salt. Bring to a boil. Once boiling, reduce to a simmer. Let simmer for 3 minutes.
- 04 Pour the brine into the jar with the beans. Cover with a lid and let cool. Transfer to the fridge and let sit for at least 24 hours before eating. Best flavour is usually after 2 weeks. These will keep in the fridge for at least 1 month. Enjoy!

## NOTES

### MAKE IT LAST

Can last up to 1 year if canned in a jar with a seal.

### MAKE MORE

Double or triple the recipe to make more.

### LESS SPICY

Leave out the red pepper flakes.

# Peanut Thai Zucchini Noodles

4 SERVINGS 20 MINUTES



## INGREDIENTS

1 cup Basil Leaves  
1 cup Raw Peanuts  
2 cups Fresh Peas (divided)  
1 tbsp Ginger (grated)  
1 Lime (zested and juiced)  
2 tbsps Tamari  
1/4 cup Extra Virgin Olive Oil  
1 tsp Sesame Oil  
1/4 cup Water  
4 Zucchini  
1 tsp Red Pepper Flakes (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	442	Cholesterol	0mg
Fat	34g	Sodium	530mg
Carbs	25g	Vitamin A	1699IU
Fiber	10g	Vitamin C	70mg
Sugar	11g	Calcium	108mg
Protein	17g	Iron	4mg

## DIRECTIONS

- 01 To create the pesto, combine basil, peanuts, half of the peas, ginger, lime juice, lime zest, tamari, olive oil and sesame oil in a food processor. Add water, blend until smooth and set aside. (Note: You may need to add extra warm water 1 tablespoon at a time to reach desired consistency.)
- 02 Use a spiralizer to turn the zucchini into noodles. (If you don't have a spiralizer, you can use a box grater to create noodles.)
- 03 Toss the noodles in desired amount of pesto, add the remaining peas and then divide into bowls. Garnish with chopped peanuts, red pepper flakes and left over basil leaves. Enjoy!

## NOTES

### WARM IT UP

Saute noodles in a frying pan with a bit of olive oil before serving.

# Mango Chickpea Salad with Grilled Chicken Kabobs

4 SERVINGS 30 MINUTES



## INGREDIENTS

1 lb Chicken Breast  
2 cups Chickpeas (cooked, drained and rinsed)  
1 cup Frozen Edamame (thawed)  
1/2 Cucumber (diced)  
1 Mango (diced)  
4 cups Arugula  
1/2 cup Tahini  
2 Lemon (juiced)  
1/2 tsp Black Pepper  
1 Garlic (clove, minced)  
1/2 cup Water

## NUTRITION

### AMOUNT PER SERVING

Calories	564	Cholesterol	82mg
Fat	24g	Sodium	101mg
Carbs	49g	Vitamin A	1618IU
Fiber	13g	Vitamin C	48mg
Sugar	18g	Calcium	253mg
Protein	44g	Iron	7mg

## DIRECTIONS

- 01 Dice your chicken into cubes then slide them onto skewers for grilling. Season both sides of the kabobs with sea salt and pepper.
- 02 In a large bowl, combine the chickpeas, edamame, cucumber, mango and arugula. Set aside.
- 03 In a blender, combine the tahini, lemon juice, black pepper and minced garlic. Add water and blend well until smooth. Add more water 1 tbsp at a time if needed to reach desired consistency. Set dressing aside.
- 04 Preheat your grill over medium heat. Grill your kabobs for about 8 minutes per side or until cooked through.
- 05 Plate your salad and lay kabobs over top. Drizzle with desired amount of tahini dressing. Enjoy!

## NOTES

### VEGANS & VEGETARIANS

Skip the chicken. This is a complete meal without it! Roast the chickpeas before hand if you like it hot.

### NO MANGO

Use diced pineapple or fresh blueberries instead.

### NO ARUGULA

Use baby spinach, kale or mixed greens instead.

# Blackened Fish Taco Bowls

4 SERVINGS 30 MINUTES



## INGREDIENTS

1 head Cauliflower  
1/2 Avocado (pit removed and peeled)  
1/4 cup Extra Virgin Olive Oil  
1 Lemon (juiced)  
1/4 cup Water  
1 tbsp Chili Powder  
1 tbsp Cumin  
1/2 tsp Cayenne Pepper  
1 tsp Paprika  
1/2 tsp Sea Salt  
1/2 tsp Black Pepper  
2 Tilapia Fillet  
1/4 cup Red Onion (finely diced)  
1/2 Green Bell Pepper (finely diced)  
2 cups Black Beans (cooked, drained and rinsed)  
1 Lime (cut into wedges)

## NUTRITION

### AMOUNT PER SERVING

Calories	393	Cholesterol	29mg
Fat	20g	Sodium	434mg
Carbs	36g	Vitamin A	1095IU
Fiber	14g	Vitamin C	94mg
Sugar	5g	Calcium	97mg
Protein	24g	Iron	5mg

## DIRECTIONS

- 01 To create cauliflower rice, chop cauliflower into florets and add to a food processor. Process until it reaches a rice-like consistency. (Note: If you don't have a food processor, you can grate the cauliflower with a box grater to create rice.) Transfer into a bowl and set aside.
- 02 Create your avocado dressing by combining your avocado, olive oil, lemon juice and water together in a food processor or blender and blend until smooth. Transfer into a jar and set aside.
- 03 Combine chili powder, cumin, cayenne, paprika, sea salt and black pepper in a bowl and mix well. Sprinkle over both sides of the tilapia fillets.
- 04 Grease a large cast iron skillet with a bit of olive oil and place it over medium high heat. Add your tilapia fillets two at a time. Let sear for 3 to 4 minutes per side, flip and let sear for another 3 minutes or until fish is completely cooked through. (Note: Fish is done when it flakes with a fork.) Remove from heat and chop into pieces. Set aside.
- 05 Divide cauliflower rice in between bowls and top with red onion, green pepper and black beans. Add blackened tilapia, drizzle with desired amount of avocado dressing and serve with lime wedges. Enjoy!

## NOTES

### WORK AHEAD

Prepare your vegetables, cauliflower rice and avocado dressing ahead of time. Cook tilapia and assemble when ready to eat!

### MORE CARBS

Serve on brown rice instead of cauliflower rice.

### MORE PROTEIN

Serve on quinoa instead of cauliflower rice.



**NO TILAPIA**

Use any fish fillet of your choice



# Grilled Caesar Salad

4 SERVINGS 30 MINUTES



## INGREDIENTS

8 slices Bacon  
1 Garlic (whole bulb)  
1/3 cup Extra Virgin Olive Oil (plus some extra for brushing)  
1 Lemon (juiced)  
2 tbsps Dijon Mustard  
Sea Salt & Black Pepper (to taste)  
4 heads Romaine Hearts (halved)  
1/4 cup Parmigiano Reggiano (grated or shaved)

## NUTRITION

### AMOUNT PER SERVING

Calories	413	Cholesterol	43mg
Fat	40g	Sodium	551mg
Carbs	2g	Vitamin A	2510IU
Fiber	1g	Vitamin C	6mg
Sugar	1g	Calcium	90mg
Protein	10g	Iron	1mg

## DIRECTIONS

- 01 Preheat oven to 425°F (218°C).
- 02 Line a baking sheet with foil or parchment paper. Spread your bacon across the baking sheet.
- 03 Slice the head off the garlic bulb and peel away the skin. Drizzle with a splash of extra virgin olive oil and sprinkle with sea salt and black pepper. Wrap with foil. Place both the bacon and the garlic in the oven. Let your garlic roast for 30 minutes. Let your bacon cook for about 8 minutes per side or until crispy. (Tip: Set two separate timers.)
- 04 When the bacon is cooked, wrap bacon in paper towel to absorb the grease and then chop into fine pieces and set aside.
- 05 When the garlic is finished, let it cool and squeeze all the cloves/flesh into a blender or food processor. Discard the remaining skin. Add olive oil, lemon juice, mustard, a pinch of sea salt and black pepper. Blend well until smooth.
- 06 Preheat your grill on medium heat.
- 07 Brush the face of your halved romaine hearts with a bit of olive oil then place them directly on the grill face down. Grill for about 5 minutes.
- 08 Remove romaine hearts. Place two on a plate and drizzle with desired amount of caesar dressing. Sprinkle with bacon and grated parmigiano reggiano cheese. Enjoy!

## NOTES

### MORE PROTEIN

Grill up some chicken breasts while you cook the bacon. Slice into strips and serve them alongside the romaine hearts.

**WORK AHEAD**

The bacon, dressing and chicken (optional) can all be cooked in advance. Then simply grill the romaine hearts and assemble when ready to eat!

**NO GRILL**

Roast the romaine hearts in the oven at 425°F (218°C) for 15 to 20 minutes or until they start to char.



# Grilled Halibut with Arugula Salad

4 SERVINGS 30 MINUTES



## INGREDIENTS

1/4 cup Extra Virgin Olive Oil (divided)  
2 Lemon (juiced and the other cut into wedges)  
1 Garlic (cloves, minced)  
1/2 tsp Sea Salt (divided)  
4 cups Arugula  
1/2 cup Cherry Tomatoes (halved)  
1/4 cup Red Onion (finely diced)  
1 1/4 lbs Halibut Fillet  
1/4 tsp Black Pepper  
1/4 cup Parmigiano Reggiano (shaved)

## NUTRITION

### AMOUNT PER SERVING

Calories	295	Cholesterol	76mg
Fat	18g	Sodium	444mg
Carbs	4g	Vitamin A	777IU
Fiber	1g	Vitamin C	16mg
Sugar	2g	Calcium	125mg
Protein	29g	Iron	1mg

## DIRECTIONS

- 01 In a small mason jar, combine half the olive oil with the lemon juice and garlic. Add half of the sea salt. Put a lid on it and shake well. Set dressing aside.
- 02 In a large bowl, combine the arugula, cherry tomatoes, red onion. Set aside.
- 03 Brush both sides of the halibut fillets with remaining olive oil and season with remaining sea salt and pepper. Heat your grill over medium heat. Grill the halibut for 4 to 5 minutes per side or until it flakes with a fork. Remove the fish from the grill.
- 04 Toss arugula salad with desired amount of dressing and top with shaved parmigiano reggiano. Plate the fish and salad together side-by-side and serve with a lemon wedge. Enjoy!

## NOTES

### NO GRILL

Pan sear the halibut in a cast iron skillet over medium heat for 4 minutes per side or until cooked through.

# Turkey & Quinoa Zucchini Boats

2 SERVINGS 45 MINUTES



## INGREDIENTS

1/4 cup Quinoa (uncooked)  
1/2 cup Water  
2 Zucchini  
1 1/2 tsps Extra Virgin Olive Oil  
1/2 Yellow Onion (diced)  
8 ozs Extra Lean Ground Turkey  
1/2 Red Bell Pepper (diced)  
1/4 cup Frozen Corn  
1/4 tsp Black Pepper  
1 tsp Sea Salt (divided)  
1 1/2 tsps Tamari  
1 tbsp Almond Flour  
3/4 tsp Nutritional Yeast

## NUTRITION

### AMOUNT PER SERVING

Calories	375	Cholesterol	84mg
Fat	17g	Sodium	1533mg
Carbs	30g	Vitamin A	1452IU
Fiber	6g	Vitamin C	74mg
Sugar	9g	Calcium	95mg
Protein	30g	Iron	5mg

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C).
- 02 Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside.
- 03 Trim the ends off zucchini. Cut zucchini in half lengthwise and scoop out pulp using a teaspoon. Finely chop the pulp.
- 04 In a large skillet, heat olive oil over medium heat. Add onion, ground turkey, zucchini pulp, red bell pepper, corn, black pepper and half of the sea salt. Stir until turkey is cooked through (8 to 10 minutes).
- 05 When turkey is cooked, drain the skillet of excess juice and stir in tamari and cooked quinoa. Remove from heat.
- 06 Make "breadcrumbs" by combining almond flour, nutritional yeast and remaining sea salt.
- 07 Spoon turkey quinoa filling into the zucchini shells and top with almond breadcrumbs. Bake in oven for 20 minutes or until zucchini is tender.
- 08 Remove from oven and let cool for 5 to 10 minutes before serving.

## NOTES

### VEGETARIAN

Skip the ground turkey and use chickpeas or lentils, about 2 cups.

### LEFTOVERS

Refrigerate the zucchini boats or just the turkey quinoa filling up to 3 to 4 days.



# Fresh Strawberries

4 SERVINGS 5 MINUTES



## INGREDIENTS

4 cups Strawberries

## NUTRITION

### AMOUNT PER SERVING

Calories	46	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	11g	Vitamin A	17IU
Fiber	3g	Vitamin C	85mg
Sugar	7g	Calcium	23mg
Protein	1g	Iron	1mg

## DIRECTIONS

01 Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

## NOTES

### MAKE THEM LAST

Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.

# Watermelon

4 SERVINGS 10 MINUTES



## INGREDIENTS

1/2 Seedless Watermelon

## NUTRITION

### AMOUNT PER SERVING

Calories	169	Cholesterol	0mg
Fat	1g	Sodium	6mg
Carbs	43g	Vitamin A	3213IU
Fiber	2g	Vitamin C	46mg
Sugar	35g	Calcium	40mg
Protein	3g	Iron	1mg

## DIRECTIONS

- 01 Slice your watermelon into rounds and then into quarters. Slice off the rind. Dice the watermelon, divide into bowls and enjoy!

## NOTES

### SPEED IT UP

Slice into rounds and then into quarters. Leave the rind on for a more finger-friendly snack.

# Grapes & Almonds

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Grapes  
1/2 cup Almonds

## DIRECTIONS

- 01 Combine grapes and almonds together in a bowl.
- 02 Happy snacking!

## NUTRITION

### AMOUNT PER SERVING

Calories	269	Cholesterol	0mg
Fat	18g	Sodium	2mg
Carbs	23g	Vitamin A	93IU
Fiber	5g	Vitamin C	4mg
Sugar	17g	Calcium	109mg
Protein	8g	Iron	2mg

Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Make the Spiralized Veggie Hummus Wraps.	Store in a container in the fridge for lunch tomorrow.
		Freeze the halibut and ground turkey.	You'll be reminded later on in the week to take them out to thaw.
1 Mon		Make the Blueberry Detox Smoothie.	Pour into a glass or travel cup.
		Pack your meals if you are on-the-go.	Blueberry Detox Smoothie, Spiralized Veggie Hummus Wraps, and Clean Trail Mix.
		Make the Peanut Thai Zucchini Noodles for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Enjoy strawberries for dessert or an after dinner snack.	
		Make the Blueberry Detox Smoothie.	Pour into a glass or travel cup.

<p><b>2</b> <b>Tue</b></p>		Pack your meals if you are on-the-go.	Blueberry Detox Smoothie, Peanut Thai Zucchini Noodles, and Clean Trail Mix.
		Make the Mango Chickpea Salad with Grilled Chicken Kabobs for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Make Celery & Hummus snacks.	Divide between containers and store in the fridge.
		Enjoy strawberries for dessert or an after dinner snack.	
<p><b>3</b> <b>Wed</b></p>		Make Zucchini Quiche with Quinoa Crust for breakfast.	Store leftovers in an airtight container for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Zucchini Quiche with Quinoa Crust, Mango Chickpea Salad with Grilled Chicken Kabobs, and Celery & Hummus.
		Make Blackened Fish Taco Bowls for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Enjoy watermelon as dessert or an after dinner snack.	
		Pack your meals if you are on-the-go.	Zucchini Quiche with Quinoa Crust, Blackened Fish Taco Bowl, and Celery & Hummus.

4 Thu		Make Grilled Caesar Salad for dinner.	Store leftovers in a sealed container in the fridge for lunch tomorrow.
		Enjoy watermelon as dessert or an after dinner snack.	
		Make the Dill Pickled Green Beans.	Store in a jar in the fridge.
		Transfer the halibut from the freezer into the fridge.	Let thaw overnight for dinner tomorrow.
5 Fri		Make the Breakfast Tacos with Mashed Peas and Edamame for breakfast.	Bon appetit!
		Pack your meals if you are on-the-go.	Breakfast Tacos with Mashed Peas and Edamame, Grilled Caesar Salad, and Dill Pickled Green Beans.
		Make Grilled Halibut with Arugula Salad for dinner.	Store leftovers in a sealed container in the fridge for lunch tomorrow.
		Enjoy a Grapes & Almonds for dessert or an after dinner snack.	
		Transfer the ground turkey from the freezer into the fridge.	Let thaw overnight for dinner tomorrow.
		Make the Breakfast Tacos with Mashed Peas and Edamame for breakfast.	Bon appetit!

<b>6 Sat</b>		Pack your meals if you are on-the-go.	Breakfast Tacos with Mashed Peas and Edamame, Grilled Halibut with Arugula Salad, and Dill Pickled Green Beans.
		Make Turkey & Quinoa Zucchini Boats for dinner.	Enjoy!
Enjoy Grapes & Almonds for dessert or an after dinner snack.			
<b>7 Sun</b>		Shop and prep for the week ahead.	Don't forget to set aside some time to meal plan and shop for next week!

## **WAIVER**

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